


Section 4

Table of Contents


Resources, Support Groups and Hotlines

Alcoholics Anonymous North County

 <http://www.nosdco-aa.org/>

 760-758-2514

Alzheimer Association


 800.272.3900 Help Line

 <http://www.alz.org>

American Cancer Society


2655 Camino del Rio N Ste 100

San Diego, CA 92108

 619-682-7427

 <http://www.cancer.org>


American Society on Aging

 800-537-9728

 <http://www.asaging.org>

A Place for Mom

FREE Eldercare Referral Service assisting families in finding resources of any kind

 866-333-4391

 <http://www.aplaceformom.com>


email...debraa@aplaceformom.com

Being Alive: AIDS/HIV Resources


 <http://www.beingalive.org/resources/local.shtml>


Child Abuse

<http://www2.sdcounty.ca.gov/hhsa/ServiceDetails.asp?ServiceID=89>


 800-344-6000 Crisis hotline

Domestic Violence

 <http://www2.sdcounty.ca.gov/hhsa/documents/SanDiegoRegionalDVResourcesList.pdf>


 800-479-3339 Crisis hotline

Family Caregiver Alliance

 <http://caregiver.org/caregiver/jsp/home.jsp>

Elder Law Advocacy

 <http://seniorlaw-sd.org/>


 858-565-1392


Section 4

Table of Contents

Resources, Support Groups and Hotlines

Emergency Resources

 <http://211sandiego.org>


 Dial 211 from T-mobile, Cingular and Sprint/Nextel
Or 858-300-1211

Independent Caregivers

Personal care chart

Narcotics Anonymous

 <http://www.sandiegona.org/area/beach/>

 866-331-1958 North County

National Cancer Institute

 <http://nci.nih.gov/>


National Institute on Aging


 <http://www.nia.nih.gov/>

National Institute of Mental Health


 <http://nimh.nih.gov/index.shtml>

Network of Care for Seniors and People with Disabilities

 <http://networkofcare.org>

 415-458-5900

Paid Family Leave California

 <http://www.paidfamilyleave.org/>

Resources for Caregivers


Support Services List


Personal Care Chart

Housekeeping Guide

Medication Chart

San Diego County Cancer Navigator


 <http://www.cancernavigator.org/>

 866-324-2628

Southern Caregiver Resource Center

3675 Ruffin Rd, Ste 230 San Diego, CA 92123


Support groups for Caregivers

 858-268-4432


Section 4


Table of Contents

Resources, Support Groups and Hotlines


 <http://caregivercenter.org/>

Substance Abuse: Lasting Recovery

 <http://www.lastingrecovery.com/>


 858-453-4315

Therapist Directory for San Diego

 <http://www.sandiegotherapists.com/therapygroups.html>


Tri-city Medical Center Support groups

 <http://www.tricitymed.org/edu/support/groups.cfm>


 760-724-8411

Veterans and Active Military

 <http://sandiego.networkofcare.org/Veterans/home/index.cfm>

 415-458-5900

World Health Organization

 <http://www.who.int/en/>